



*Striving for a Healthier lifestyle*



Health Cells approved

# WHAT IS HEALTH CELLS?

Health Cells is the groundbreaking lifestyle program that says,

***“We’re better together”.***

Because ***“We’re better together”***. We work better as groups, and with support. Health cells brings you support from other people, from experts, and supports you with the right information.

Health Cells brings the experts to you. Come to our Health Talks, where you can interact with an expert in the field of stress, motivation or food and eating. Or come to one of our cooking demonstrations and learn a new delicious recipe.

Health cells is multimedia as well. Our weekly Health e-mails support you with the information that puts you in control of your lifestyle. Our Health Videos are inspiring and fun. Our CD’s are something for you to take home.

Join us by sending an e-mail to [healthcells@bankmed.co.za](mailto:healthcells@bankmed.co.za). Or contact us on 011-548 8200 option 3



## Introduction



As the Health Chefs we have had the wonderful privilege of coming up with scrumptious yet oh-so-good-for-you meals, drinks and snacks over the past two years. The response to our healthy recipes has been overwhelmingly encouraging and after much demand we just had to take all the Health Chef's approved recipes and package them into this delightful booklet – just for YOU!

But before you launch into cooking up a frenzy, here are some more handy tips and hints to help you get onto and to stay fixed on a lifetime journey of health and vitality!

The good news is that balanced eating doesn't have to be the stereotypically bland steamed fish with no sauce, boiled vegetables and loads of water. In fact, if that is the way you are eating now, then you are not setting yourself up for success. More good news is that healthy eating doesn't have take hours of your time in the kitchen – which all of us busy individuals do not have. Discover how healthy and balanced eating can be DELICIOUS, EASY AND FUN! Remember, “*There is no such thing as ‘good’ and ‘bad’ foods only good and bad diets!*” Use the next few pages to help you understand what food is all about, what the latest nutrition trends are and some really practical tips. Then indulge yourself in the recipes that follow and after you've had seconds please take the time to let us know what you think! Let us know what goes right, what goes wrong, your favorite recipes, any amendments or improvements that your Health cells team can do better next time around.

Bon Appetit!

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# Handy Tips & Hints To Help You Eat On The Run:

- **Get equipped:**

Along with your brief case, laptop and/or handbag you need to have a cooler bag for meals & snacks.

Always have a filled water bottle with you.

*TIP: Freeze your cooler bag overnight for hot summer days.*

- **Bulk Up:**

Save time and money by buying and preparing food in bulk. Too much precious time is wasted by always running to the local shopping center to buy items. Having a well stocked pantry makes so much easier to grab and run! Arrange someone to do your shopping if necessary!

*TIP: Prepare bulk salads using barley, rice, pasta, chickpeas, beans.*

*These keep easily for up to three days in the fridge.*

When you do prepare food, like over weekends, make extra and freeze it for use during your busy week.

Buy nuts/seeds & dried fruit in bulk and spend time while in front of the TV packing handfuls into small packets (e.g. small bank bags).

- **Emergency packs:**

At the start of each week, take a container to work with 'basics' (tomato, cucumber, green pepper, tub of low fat cheese, cheese wedges, tinned tuna, provitas/ryvitas, cup of soups, breakfast bars, fruit, yogurts) this becomes your emergency lunch for days when you forget or simply do not have time to make lunch!

- **Keep 'drawer' food:**

Keep non-perishable food items at work 'drawer food' or in your car, your cubbyhole, your suitcase, and your gym bag. (e.g. dried fruit, biltong, health bars, nuts, seeds, etc...)



# Health Chef's approved eating

Four easy steps to balancing your meals. At each meal include the following:

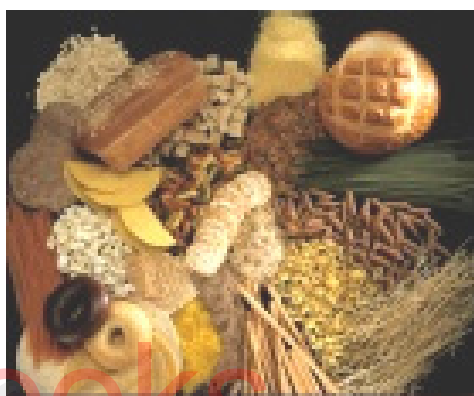
1. Slow release carbohydrates
2. Lean protein
3. Good healthy essential fats
4. Lots of veggies, fruit & salads

## The fuel of choice: Carbohydrates!

### Step 1 of putting together your healthy meals : Slow release carbohydrates

All three macronutrients i.e. carbohydrate, protein and fat play an important role in the human body as well as for peak physical performance. Carbohydrates are important as they provide not only vital nutrients such as the B vitamins, but they are filling and provide fiber.

Carbohydrates form a very large food group with many different food types. All the following are comprised mainly of carbohydrate: *breads, cereals, pasta, rice, potatoes, sweets, chocolates, cool drinks, vegetables, fruits etc...*



People mistakenly leave these foods out as they believe them to be ‘fattening’ when the truth is quite the opposite – choosing the correct carbohydrate can actually assist with weight loss and keep you energetic! All carbohydrates are digested and produce blood glucose (blood sugar) which in turns fuels us and gives us energy.

***Balancing blood glucose levels is an effective strategy for weight loss and improved vitality!***

### Why stabilize blood-glucose levels?

#### ➤ *Low blood-glucose levels:*

This leads to hunger, food cravings, weakness, shakiness, fatigue and irritability. If they reach a dangerously low level, you may collapse and fall into a coma.

#### ➤ *High blood-glucose levels:*

A continuous high blood-glucose level is hazardous as it promotes blood vessel damage that leads to the following complications: *blindness, kidney damage, heart disease, poorly healing sores*. It also results in difficulty in losing weight and promotes a condition called insulin resistance. This directly increases your risk of developing chronic diseases of lifestyle such as diabetes and heart disease.

#### ➤ *Fluctuating blood-glucose levels:*

Having blood glucose highs and lows (which so many of us do from poor eating habits) results in mood swings, fatigue, poor concentration and reduced mental abilities.

### Fast release carbohydrates (High Glycaemic Index)

These foods are digested and absorbed **quickly**. This produces a **rapid** rise in blood glucose levels. This promotes the over production of *insulin* (a storage hormone). Consistently high insulin levels (hyperinsulineamia) are implicated in many of the diseases of lifestyle - *high blood pressure, heart disease, obesity, high cholesterol, adult onset diabetes, high triglycerides*.

- ✗ Energy slumps or 'lows'
- ✗ High insulin levels
- ✗ Lowered satiety – hungry faster
- ✗ Poor mental performance
- ✗ Cravings for sweet or starchy foods

NOTE: Fast release foods are ideal for athletes or in small amounts for any one experiencing hypoglycaemia.



### Slow release foods (Low Glycaemic Index)

These foods are digested and absorbed more **slowly** and allow glucose to be released **slowly** and **steadily** into the bloodstream. The demand on insulin production is therefore less resulting in the following health benefits:

- Sustained energy
- Enhanced health & well being also improved immunity
- Less demand on insulin therefore great for those with diabetes
- Feelings of satiety – fuller for longer
- Promotes fat loss
- Less cravings (Easier to turn down that afternoon chocolate!)
- Better mental performance

#### A few examples of fast release foods:

Refined cereals (Cornflakes, Rice crispies ect...), Sweets, Commercial Honey  
White & brown bread, Mealie meal, 2- Minute noodles  
Rice cakes, Snack bread, instant oats, Pastries, Muffins, Cakes, Biscuits

#### A few examples of slow release foods:

Sweet potato, Durum Pasta (Cooked al dente), Oat bran & Certain Oats, Kellogg's hi fiber bran  
Pearled Barley, Mealies, Soya, All legumes– dried & canned, (peas, baked beans, lentils, pea Dahl...), Seed loaf bread, Pro-vita

**The glycaemic index is an exciting approach to choosing the correct carbohydrates to suit your lifestyle and personal needs. Please contact a registered dietician working with the Glycaemic Index for more individualized advice.**

[www.gifoundation.com](http://www.gifoundation.com)



# The building blocks: protein

## Step 2 of putting together your healthy meals: Lean protein

Proteins and particularly animal products (eggs, milk, red meat, chicken and fish to name a few) occupy a central position in the South African diet. Protein is also a popular topic of conversation, particularly with regards to weight loss and sports performance. We hear about high protein diets and low protein diets. We know about liquid protein, protein supplements. Why all this fuss about this food group? Although we all need some amount of protein in our diet we tend to eat too much of it. Because animal protein tends to be high in fat, we end up increasing our fat intake. The tip then is to eat moderate amounts of LEAN animal protein but to go for plant based protein such as Soya, tofu, legumes (beans, peas, chickpeas, lentils, butter beans, kidney beans ect...) as well!



### Fact or fallacy?

1. Adding small amounts of protein to each meal will sustain you and keep you fuller for longer.  
**FACT:** All protein digests slowly and so regulates blood glucose (sugar) levels.
2. Many of us, especially Braai-friendly South Africans tend to eat far more protein than we actually need.  
**FACT:** On average we need 1-2 portions of protein at most meals. A portion is equivalent to the size of a medium hand palm (100-150g).
3. Vegetarians cannot get enough protein.  
**FALLACY:** Plant foods also provide protein! Eating a well balanced diet of a variety of foods such as legumes, barley, sweet corn, Soya, tofu, fish can provide as much protein as a carnivorous diet!
4. High protein diets are the best way to lose weight.  
**FALLACY:** High protein diets seem to work short term only as they are difficult to adhere to. They are low in fiber and tend to be high in saturated fats, which are harmful to our health.



Always remember to go for lean or low fat protein sources to minimize your intake of harmful saturated fats, which are found predominantly in animal protein. Become label wise and try to choose products that have <5g fat per 100g.

### **Did you know**

Ostrich meat, along with many game varieties, is one of lowest fat meats. This is because all game are much more active – thus have more muscle mass than fat mass over other animals. Even though ostrich is a red meat – it is extremely low in cholesterol and can be consumed up to 3-4 times per week.

### ***The better proteins to choose:***

**Red meat:** *Game (ostrich) is best then lean beef*

**Fish:** Go for un battered fish or seafood. Salmon, sardines, hake, pilchards, tuna ect...

**Poultry:** Always remove the skin and opt for chicken breasts or turkey

**Cold meats:** Read labels and opt for those with <5g fat/100g. Avoid processed cold meats such as polony.

**Egg:** *Having 3-4 eggs per week is fine (even if you have high cholesterol)*





# Fat – friend or foe?

## Step 3 of putting together your healthy meals: Natural fat

Fat is an essential component of any balanced and healthy diet. Dietary fats are the most concentrated source of kilojoules (energy). Fats contain 2 ½ times as much energy as carbohydrates and proteins. Although a high-fat diet is shown to contribute to obesity and many other diseases of lifestyle such as cancer, diabetes & heart disease, it is the type of fat and not just the amount that is important. There are different types of fat. Some benefit our health and are even ESSENTIAL, other fats however, are harmful and cause damage to our bodies.

### Tips to reduce your saturated (poor) fat intake:

#### READ NUTRITIONAL TABLES

	Per serving	Per 100g
Fat (Total)		< 5g

Reading labels for the fat content is important, as there are many 'hidden' fats in manufactured foods. Just look at the total fat and refer to the PER 100g column. Go for foods that have less than 5g fat per 100g as much as possible.

#### Simple Steps to lowering your SATURATED fat intake:

- **DAIRY:** Go fat free or at least low fat in milk and yogurt. Watch for hidden fat in cheese – most cheeses contain > 20g fat per 100g. For regular use - use fat free or very low fat cheeses (e.g. fat free/low fat cream/cottage cheese or ricotta).
- **MEAT:** Always remove all visible fat from meat & poultry before cooking. Remember that the drier the meat, the leaner it is, so venison, topside and aitchbone are low in fat.  
The harder the lard of the meat the more saturated the fat is. This means that chicken and pork are your best options, then beef and then lamb and mutton. Avoid luncheon meats, polony, salami, Vienna's & boerewors. The fat in fish is unsaturated, therefore beneficial! Opt for fish at least 3 x weekly.
- **COOKING METHODS:** Become a low fat cooking whizz! Grill, bake, use non-stick equipment or dry fry with stock & wine instead of oil! Don't just remove fat – **replace it** with delicious herbs & spices & low fat sauces. There are many low fat sauces available that will turn a plain bowl of pasta into a mouth watering rich tasting dish. Just read labels when shopping.



## Unsaturated (good) fats:

These fats are vital for optimal health and well-being. These must be included in your daily meal plan even if you want to lose weight. Amongst others here are a few of the benefits of unsaturated fats:

- Maintain the integrity of all cellular membranes
- Natural anti-inflammatory
- Protect against heart disease
- Fats make you feel full
- Not as easily stored as saturated fats – rather used
- Important role in immune function
- Aids in transport of certain vitamins
- Adds to palatability of diet
- Positive effect on fat made by the liver

## Rich sources of unsaturated fats (*monounsaturated & polyunsaturated*):

- |                      |                        |                    |
|----------------------|------------------------|--------------------|
| ▪ Olive oil          | ▪ Olives               | ▪ Peanut butter    |
| ▪ Avocado pear       | ▪ Peanut oil           | ▪ Hazel nuts       |
| ▪ Canola oil         | ▪ Cashew nuts          | ▪ Pecans           |
| ▪ Almonds            | ▪ Peanuts              | ▪ Flaxseed/Linseed |
| ▪ Macadamia nuts     | ▪ Pistachio nuts       |                    |
| ▪ Lecithin spread    |                        |                    |
| ▪ Sunflower seed oil | ▪ Soy bean oil         | ▪ Walnut oil       |
| ▪ Sesame seed oil    | ▪ Corn & safflower oil | ▪ Brazil nuts      |
| ▪ Walnuts            | ▪ Pine nuts            | ▪ Linseed/Flaxseed |
| ▪ Sesame seeds       | ▪ Sunflower seeds      |                    |



## Tips!

- **Use crushed nuts/seeds as these are easier to measure**
- Package nuts or seeds into small zip-lock packets for quick easy snacks.
- Use raw unsalted & unroasted nuts and seeds.
- Buy these in bulk & store in airtight container in a cool place.
- Make the following power packed seed mix. This seed mix is rich in your essential fatty acids, zinc, vitamin E and even calcium. Enjoy 1-2 tablespoons per day over cereals, yogurt, as snacks, in stir fries and smoothies. In equal amounts, mix together sunflower seeds, sesame seeds, flaxseeds and pumpkin seeds.

Among the unsaturated fats are a group of **essential** fatty acids. They are **essential** to optimal health. Our bodies cannot make them so we have to obtain them from our diets.

They are called the omega 6 & omega 3 essential fatty acids.

**Sources of omega 3 fatty acids are:** *oily fish (salmon, pilchards, sardines, mackerel, tuna), flaxseed & linseed oil, Soya, walnuts, pumpkin seeds, green leafy vegetables.*

**Sources of omega 6 fatty acids are:** *most plant oils, safflower, evening primrose, wheat germ, soy, dark green vegetables, many fruits.*

# Nature's wonder foods: Fruits & Veggies

## Step 5 of putting together your healthy meals: Lots of fruit & vegetables

You've heard them before "eat your greens", "an apple a day keeps the doctor away" and "get your 5-a-day". Our immune systems are bombarded on a daily basis through stress, poor diet and conditions of lifestyle. Nature provided us all with natural immune boosters, vitamins and minerals that we can eat and enjoy ...all perfectly packaged as fresh fruit and vegetables!

**DID YOU KNOW:** Half our plates should be made up of fruit and/vegetables at each meal!

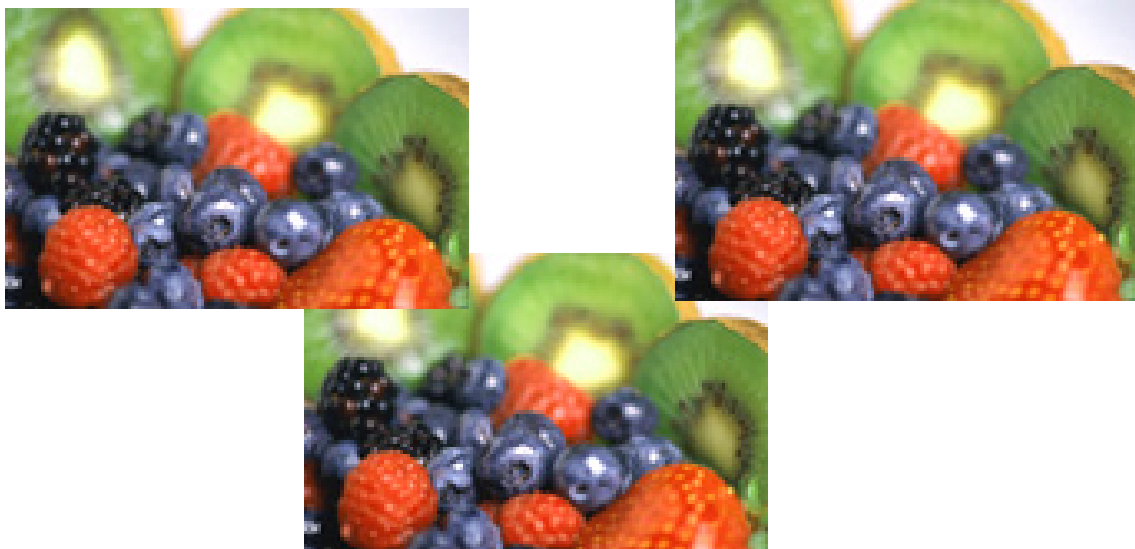
### Fruit Frenzy

Not only does fruit look attractive, it is a perfect snack. Fruit is easy to eat and can be carried around in your handbag or brief case for an emergency snack. It is biodegradable with no wrapper to recycle. Most fruits contain fiber which keeps our digestive systems in tact, and fruits help satisfy those sweet cravings with its natural sugar content.

- Make smoothies using fresh fruits (*Strawberries, berries, bananas, paw paw, granadilla, apples and pears are fantastic in a smoothie!*)
- Make fresh fruit salad in bulk and refrigerate – use as required either as part of breakfast, a snack or as a dessert!
- Freeze fruits and use as ice-lollies. Mash and freeze fruit – use in baking or add to yogurt.
- Add chopped fruit to a jug of water to naturally flavour your water. (*E.g. strawberries and lemon slices add zest to water.*)
- Add fruit pieces to salads and vegetable stir fries (e.g. pieces of apple and naartjie in a salad; pine apple in a stir fry).
- Stew fruit in a little warm water!

#### Did you know

Paw paw and pineapple are excellent for your digestive system due to the enzymes they contain (i.e. papain and bromelain respectively). Paw paw pips are also fantastic immune boosters. Dry bake them in the oven and put in a pepper grinder. Simply grind over meals!



## Vegetable Feast

**There is simply no substitute for these power packed, immune enhancing vegetables. Instead of preparing veggies in the typical bland way of boiling and steaming, get out of your comfort zone, let your creative juices swirl and discover how delicious vegetables really can be.**

- Do as much pre-preparation as possible i.e. peel, de-core peppers, top & tail etc.... Place in sealed containers.
- Roast a variety of veggies in bulk using a little olive oil and herbs. Braai vegetables in foil next to your steak!
- Make veggie soups and freeze. Enjoy hot or cold!
- Always add vegetable-type ingredients to sandwiches – *try cucumber, gherkin, lettuce, grated carrot, sliced mushroom, sweet peppers, pepper dews, etc...*



# SMART SHOPPING list for ideas of snacks and meals to eat on the run:

Some meals need a bit of preparation, e.g. supper: grilled fish with baked potato, mixed vegetables and a fruit (use the microwave to prepare the potato and the mixed vegetables, while grilling the fish, this meal should not take more than 15 minutes to cook). Cook in bulk and freeze starches such as barley and rice.

- Fresh Fruit - the best snack – no mess, biodegradable wrapper and nutritious!
  - Dried fruit (watch portion sizes for weight control)
  - Fruit canned in juice or very light syrup (use occasionally only)
  - Low fat drinking yogurts and smoothies (These can be sipped while you are driving! Try new ultra-healthy Soya milkshakes (Woolworth's))
  - Pure fruit juices or vegetable juices.
  - Small packets of unsalted mixed nuts (Watch portion sizes if concerned about weight). Try cashews, walnuts & almonds.
  - Small packets of mixed seeds (Watch portion sizes if concerned about weight). Try pumpkin seeds, linseeds, sesame & sunflower seeds.
  - Healthy bars e.g. Trufruit bar, Noogy Bars, Kellogg's Special K & All Bran Bar Bokomo Breakfast bar, Woolworth's Cereal bar, Granola bars, Weigh Less break out bars, Soya bars
- Choosing a low fat bar: ideally the fat content should be as low as possible. If it's a snack (preferably below 5g per bar). If the bar is substituting a meal, then the fat content can go up to 10g per bar.*
- Low fat baked muffins, fruit loaves, biscuits, rusks etc... (Bake low GI muffins in bulk & freeze. "Eating for Sustained Energy" by L Delpont & G Steenkamp has great ideas)
  - Low fat, low GI crackers (provitats, ryevitats, digestive biscuits)
  - Low fat popcorn – high in fiber and easy to eat while on the run!
  - Low fat, low GI crunchy muesli cereal
  - Lite jam, marmite, mustard, fish paste
  - Lean biltong (ostrich or kudu)
  - Keep crudités (cut vegetable & fruit pieces) in a container, use fat free cottage cheese; cream cheese, hummus as a delicious dip.
  - Canned vegetables such as tomato and onion, sweet corn, peas & green beans (These can be enjoyed either hot or at room temperature)
  - Easy to open canned fish such as tuna; salmon; mussels; shrimp; pilchards (Just be sure to have mints or chewing gum close by!)
  - Bottled gherkins, pepperdews, relish, mustard and tomato sauce for spicing up sandwiches or salads.
  - Canned beans, peas and lentils of all types.
  - Textured vegetable protein products (Toppers, etc Just add boiling water!)
  - Sliced whole-wheat or rye bread, or rolls (freeze in portion sizes that you require, for example, take your daily portion out of the freezer every evening and store in the fridge, by morning the bread will have defrosted and be ready for toasting or for making those sandwiches)
  - Lean thinly sliced cold cuts or Like-it-Lean products
  - Ostrich Russians, ham, bacon and Vienna's
  - Ready-to eat low-fat frozen meals
  - Frozen fish, and calamari (plain no batter)
  - Skinned chicken breasts (pack into portions, pre-shred and freeze)
  - Low-fat salad dressings
  - Frozen vegetables

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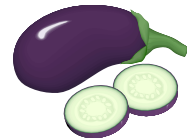
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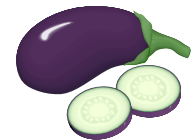
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# Banana Apple Bread

## Ingredients

250ml	Dark brown sugar	
4	Ripe large bananas, mashed	<i>Rich in potassium – healthy for heart and kidneys</i>
1	Large apple, grated	<i>Rich in vitamin C, which boosts immune system. High in Soluble fiber – healthy colon.</i>
1	Large carrot, grated	<i>Beta-carotene – good antioxidant that fights free radicals.</i>
2	Large free-range eggs	<i>Good source of Vitamin B12. Lecithin which is good for the Brain and liver. Helps lower cholesterol.</i>
250ml	Cake flour, sifted	
125ml	Oat bran	<i>soluble fiber – colon health and healthy heart. Slows gastric Emptying.</i>
125ml	Rolled oats	<i>soluble fiber – colon health and healthy heart.</i>
5ml	Bicarbonate of soda	
60ml	Warm water	
7ml	Baking powder	
10ml	Cinnamon	<i>Natural decongestant</i>

## Method

1. Beat together sugar and mashed bananas until well blended. Beat in the eggs
2. Sift the flour and salt into the mixture together with the oat bran and oats and fold in until well blended.
3. Dissolve bicarb in the water and stir into the mixture with the baking powder and cinnamon.
4. Add the grated apple and carrot and mix.
5. Pour into a nonstick baking loaf tin and bake at 180°C for 45 minutes.
6. Leave to cool in the tin for 10 minutes then turn out and leave to cool completely.

Makes 1 large loaf or 4-5 mini loaves



# Sweet Potato Bread

## Ingredients

1	Pack Active dry yeast	
60ml	Warm water	
3	Medium sweet potato, cooked and mashed	<i>Low GI-slowly released, rich Fiber and vitamin C</i>
45ml	Melted butter	
250ml	Milk, scalded - fat free	
5ml	Herb salt	
250ml	Fresh Coriander, finely chopped	
125ml	Sugar	
750ml	Flour, sifted	
250ml	Oat bran	<i>Rich in soluble fiber</i>



## Method

1. In a large bowl, soften yeast in the lukewarm water. Alternatively leave out the water, and use fast acting yeast, which is simply added to dry ingredients.
2. Blend mashed sweet potatoes with melted butter until light and fluffy.
3. Add the milk, herb salt, coriander and sugar to the yeast.
4. Beat until light.
5. Stir in with a wooden spoon, enough of the flour and oat bran to make soft dough. Knead the dough for a few minutes.
6. Put in a greased bowl and cover with a towel. Set in a warm place until doubled in bulk.
7. Shape into 2 loaves or into individual buns and place in greased pans. Let rise to the top of the pans
8. Bake 20 - 25 minutes in a pre heated 180° C oven until golden brown.

Makes 2 large loaves or 5-8 small buns.

# Creamy Vegetarian Pasta

## Ingredients

3 cups	Durum wheat pasta shells	<i>Durum pasta digests slowly which keeps you full &amp; gives you more energy!</i>
5ml	Canola/olive oil	<i>Plant oils are important for optimal health!</i>
½	Onion finely chopped	
2	carrots cut into 1cm cubes	<i>The beta-carotene in carrots is a wonderful antioxidant.</i>
1 cup	snap peas (mange tout)	<i>Most beans are great diuretics so eat lots to combat water retention</i>
2 cups	cherry tomatoes	<i>This "Apple of love" is actually a fruit! High in vitamin C &amp; potassium.</i>
3ml	dried thyme	<i>Did you know? Thyme is a great antiseptic! It also tastes great!</i>
410g	tin of salad cut *asparagus (use water as well)	
10ml	Corn flour and Oat bran,	<i>which is high in soluble fiber, can also be used as a thickener.</i>
20ml	water	
60 ml	fat reduced cream	<i>options: Plain yogurt, low fat buttermilk, lite ideal evaporated milk</i>
	Salt and pepper	

## Method

1. Cook pasta until tender and drain
2. In a large pan heat oil until hot but not smoking, Add onions and carrots and cook until carrots are just softened
3. Add snap peas and cook gently for 1 minute
4. Add tomatoes, thyme, a pinch of salt and pepper. Increase the heat and cook on high till tomatoes are soft
5. Add the asparagus and its water and bring to the boil. Add corn flour mixture and cook, stirring till sauce thickens
6. Stir in cream-blend well
7. Toss the sauce and hot pasta together and serve

*This light creamy sauce allows the vegetables to shine through!*

*\*Asparagus is not suitable for gout sufferers*

This dish is suitable for the carbo-loaders preparing for the comrades as it contains lots of long acting carbohydrates with little fat and protein

Serves 4-6



# Chicken Spaghetti Bolognaise

## Ingredients

300g durum wheat pasta  
100g Chicken Soya mince  
10ml stock powder  
500g chicken mince  
10ml crushed garlic  
410g tin whole/chopped tomatoes  
with juice  
125ml chopped parsley  
Freshly ground black pepper  
10ml sugar  
250ml frozen peas /fresh mange tout peas  
60g low fat mozzarella, grated (2 matchboxes size)

*Low in fat and slowly digesting (low GI) so great for energy!*

*Soya is a high quality protein with many health benefits!*

*Choose one low in sodium*

*Use free range preferably*

*Great for boosting your immune system!*

*High in Lycopene which prevents certain cancers!*

*Source of vitamin C and a good breath freshener!*

*does not alter the nutritional value of this dish*



## Method

1. Cook the spaghetti in lightly salted water
2. Add boiling water to the Soya powder till consistency of porridge-allow to stand for 5 minutes
3. Put stock, chicken and garlic into large pan and add Soya mix. Cook for approx. 5 mins till chicken is no longer pink
4. Add the tomatoes with the juice, parsley, pepper and sugar and bring to the boil for 5 mins.
5. Add the peas and cook till just heated through
6. Toss the sauce with the hot pasta, sprinkle lightly with the cheese. Serve immediately with a green salad

Enjoy this delicious pasta dish that has the garlic and tomato flavour typical to Naples

Serves 4-6



# Mediterranean Pasta

## Ingredients

230g	Dried penne pasta	<i>Slow release</i>
2	Garlic cloves	<i>Good for immunity, anti-bacterial</i>
½	Red onion, peeled and finely chopped	
10ml	Olive oil	<i>Unsaturated fat – good for the heart</i>
¼ tub	Sun dried tomatoes in oil, chopped	<i>Unsaturated fat – good for the heart</i>
30ml	Balsamic vinegar	
50ml	Parmesan cheese, grated	<i>High in flavor so use less</i>
Herb salt and pepper to taste		
1 handful Fresh basil, torn		
½ packet Shaved chicken - Lean		
6 slivers Anchovies		<i>Essential fats i.e. omega 3</i>

## Method

1. Add the garlic cloves to the pasta and while this is cooking until al dente, fry the onion and shaved chicken in a little olive oil for 5 minutes until soft and tender.
2. Remove garlic cloves from the cooked pasta, and mash to a smooth paste.
3. Stir the garlic paste into the cooked onions with tomatoes and vinegar, Add the drained pasta.
4. Season and toss together with the basil.
5. Serve with the Parmesan cheese.

Serves 4



# Ostrich Pasta

## Ingredients

300gm	Whole-wheat pasta	<i>Low in fat and slowly digesting (low GI) so great for energy!</i>
100gm	beef Soya mince	<i>Soya is a high quality protein with many health benefits!</i>
10ml	stock powder	<i>Choose one low in sodium</i>
500gm	Ostrich mince	<i>One of the leanest meats available</i>
10ml	crushed garlic	<i>Great for boosting your immune system!</i>
410gm	tin whole/chopped tomatoes with juice	<i>High in Lycopene which prevents certain cancers!</i>
125ml	chopped parsley	<i>Source of vitamin C and a good breath freshener!</i>
10ml	sugar	<i>a small amount does not alter the nutritional value of this dish</i>
250ml	broccoli florets	
1	small green pepper	
1	yellow pepper	
100gm	low fat mozzarella, grated (2 matchboxes size)	
Freshly ground black pepper		



## Method

1. Cook the pasta in lightly salted water
2. Add boiling water to the Soya powder till consistency of porridge-allow to stand for 5 minutes
3. Put stock, ostrich and garlic into large pan and add Soya mix. Cook for approx. 5 mins till ostrich is cooked
4. Add the tomatoes with the juice, parsley, pepper and sugar and bring to the boil for 5 mins.
5. Add the broccoli and peppers and cook till just heated through and veg are still crispy.
6. Toss the sauce with the hot pasta, sprinkle lightly with the cheese. Serve immediately with a green salad

Serves 4-6

## Berry spritzer (Alcoholic)



### Ingredients

200ml  
200ml  
200ml

Cranberry juice  
Sprite Zero  
Red wine

*Antioxidants and good for urinary and kidney system*

*Polyphenols, good antioxidant for heart health*

### Method

1. Mix together and serve with ice in a tall glass.

## Light Mango cocktail

DropBooks

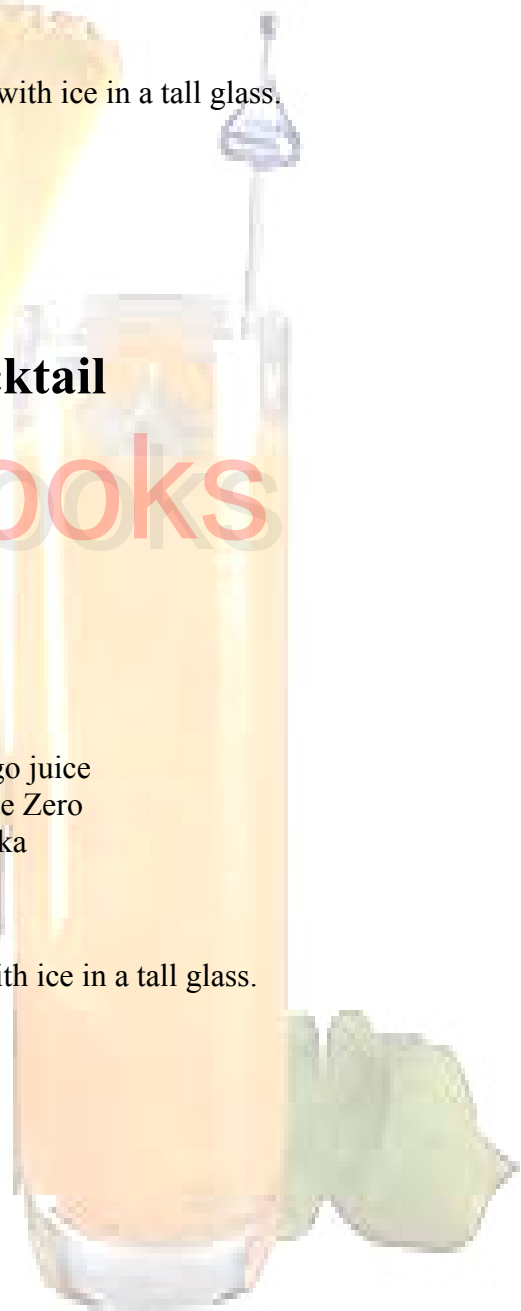
### Ingredients

200ml  
200ml  
1 Tot

Mango juice  
Sprite Zero  
Vodka

### Method

1. Mix together and serve with ice in a tall glass.



# Cabbage And Apple Salad

## *Ingredients*

1	red apple
1	green apple
10-20ml (2-4 t)	lemon juice
500 ml (2 cups)	cabbage, finely chopped or grated
60 ml (4T)	plain, low-fat yogurt
125 ml (1/2 cup)	low-oil salad cream or low-oil mayonnaise
10 ml (2 t)	sunflower seeds
4	lettuce leaves

## *Method*

1. Wash the apples, but do not peel them. Slice thinly or cube. Sprinkle with just enough lemon juice to prevent discoloration.
2. Add the apple to the cabbage and lightly mix with a fork.
3. For the dressing, mix the yogurt, low-oil salad cream and sunflower seeds. Add 5-15 ml sugar if too tart.
4. Pour the dressing over the cabbage and apple; toss the salad and spoon into a container with a lid. Chill for 2 hours or longer before use.
5. Serve the salad on the lettuce leaves.

This is a deliciously different coleslaw lower in fat than the traditional one. It can be made the day before, covered and kept in the refrigerator until ready to serve. This recipe makes 4 large portions or 6 smaller portions.

Serves 4



# Cherry Delight/ Mandarin Delight

Adapted from “Eating for sustained Energy” by G Steenkamp and L Delport

## Ingredients:

1x 410g	tin small white beans
½ packet	boudoir biscuits
50ml	sherry –optional
250g	low fat cottage cheese
250ml	plain low fat yogurt
1 packet	vanilla instant pudding
1x 410g	tin cherries in syrup or Mandarins
10mls	gelatin



## Method

1. Mash the beans or process in food processor till smooth- BUT not longer than 3 minutes
2. Arrange the biscuits in a single layer in an attractive glass serving dish (if you wish to use sherry -sprinkle it on now)
3. Beat the beans, cottage cheese, yogurt and instant pudding together with a hand whisk or beater
4. Spread the mixture evenly over the biscuits and refrigerate until set
5. Drain the cherries and cut in half. Arrange over the top of the set pudding
6. Mix the gelatin into the cherry syrup and stir the mixture over a low heat until all the gelatin has dissolved. Cool in a bowl of iced water
7. When cool to the touch pour over the tart and refrigerate till set

- Although this recipe contains high GI ingredients such as the boudoir biscuits, the syrup and the cherries and the instant pudding- the beans, cottage cheese and yogurt offset these and the end result is allow GI Pudding
- This makes a good choice of dessert for diabetics and hypoglycemic, despite the sugar in it
- Beating or processing for too long can raise the GI – therefore not more than 1-2 mins should be spent on any single process-with the total time not exceeding 5 mins.

# Crème Soda Smoothie

## Ingredients

1	Apple	
1	Banana	
4	Mint leaves	
1	Celery stick	<i>natural diuretic</i>
1 handful	Broccoli	<i>vitamin c and antioxidants</i>
1/4	Green pepper	<i>vitamin c</i>
250ml	Fat free milk	<i>calcium</i>
20ml	Crème soda nesquik or syrup.	
4	Ice cubes	

## Method

1. Blend all ingredients together in a liquidizer.
2. Serve immediately

# Berry Blaze Smoothie

## Ingredients

100g	Beetroot	<i>Good source of folic acid, which keeps cells healthy and prevents anemia. Rich in a Lycopene antioxidant, which helps, prevent cancer. Rich in potassium – keeps heart and nerve function normal.</i>
2	Medium carrots, chopped	<i>Beta-carotene – an antioxidant that is good for eyesight and skin.</i>
1	Celery stick	<i>Raw = rich in vitamin c and soluble fiber which both help to lower cholesterol. Natural anti-inflammatory and diuretic</i>
1/2	Small paw paw	<i>Excellent source of vitamin c and beta-carotene. Paw paw juice – rich in enzyme called papain which helps with digestion</i>
1	Apple	<i>Rich in vitamin C, which boosts immune system. High in soluble fiber – healthy colon.</i>
100g	Strawberries	<i>Rich in vitamin C. Helps to cleanse the digestive system and keep liver healthy. Natural antibacterial.</i>
200ml	Water	

## Method

1. Blend all ingredients in a liquidizer and blend until smooth.
2. Serve Immediately in tall glasses.



# Curried Chicken

## Ingredients:

500g cooked Chicken (skinned and deboned)  
400g cooked Sweet potato (cubed)

## Curry sauce:

5ml olive/canola oil  
1 large onion  
5ml minced garlic  
2 tsp curry powder  
3ml turmeric  
5ml chicken spice  
2ml salt  
60ml brown grape vinegar  
250ml water  
15ml apricot jam



## Method:

1. Prepare sauce by first frying the onions in a non-stick pan until brown. Then add all other spices and garlic, combining well
2. Add vinegar, water and apricot jam. Add  $\frac{3}{4}$  of the sweet potato and 125mls of the water they were cooked in. Add the chicken and simmer for 20 mins
3. Slightly mash the remaining sweet potato and add to thicken the gravy.
4. Serve with Basmati rice and sambals (chopped onion and tomato, cucumber in low fat yogurt etc).

## Notes:

- *This is a quick curry that is low in GI due to the added sweet potatoes being lower than ordinary potatoes*
- *It is further lowered by the sambals*
- *If basmati rice is not available mix regular rice with lentils 1:1 for a lower GI option*

Serves 4

# Exotic Mushroom Caviar with Phyllo parcels

## Ingredients

½ punnet Mushrooms  
1/2 Medium onion, chopped  
1 Garlic cloves, crushed  
15ml Olive oil  
125ml Walnuts, crushed  
50ml Water  
Herb salt and pepper to taste

*Natural decongestant*

*Boosts immune system; natural antibacterial*

*Unsaturated fat, good for heart*

*Rich in omega 3 essential fat, good for the brain*

3 Sheets of Phyllo pastry  
1 Egg, beaten  
Non-stick spray

*Low fat if egg is used and not butter to brush sheets*

*Lecithin, good for brain and liver*

## Method

1. Heat olive oil. Fry onions, garlic and mushrooms and fry until soft.
2. Sprinkle walnuts over mushrooms and onions, add the herb salt and pepper, and fry for 5 minutes more.
3. Remove from the stove and allow to cool for a few minutes.
4. Place the vegetables in a food processor with water. Pulse until a course paste is formed, scraping down sides as necessary.
5. Prepare Phyllo as per packet instructions.
6. Cut Phyllo sheets into 12 - 15cm squares.
7. Grease muffin pan using non-stick spray.
8. Overlap 4 squares into each muffin pan and shape into the muffin mould.
9. Brush all visible layers lightly with beaten egg.
10. Bake at 180°C until golden and crisp. This takes only a few minutes, so keep watch.
11. Serve mushroom caviar in cooled Phyllo cups

***Suggestion: For a finger food platter serve the mushroom caviar in Phyllo cups with the sesame turkey and polenta.***



# Grilled salmon and strawberry with balsamic vinegar on wild rocket

## Ingredients

- 2 Fresh salmon / trout fillets (at least 150g each) *omega 3 essential fats. Good for brain, skin, hair and immunity*
- 10ml Olive oil
- 30ml Lemon juice
- 160g Strawberries, halved *Rich in vitamin C. Helps to cleanse the digestive system and keep liver healthy. Natural antibacterial.*
- 30ml Balsamic vinegar *May help with arthritis*
- 1 handful Wild rocket *Good peppery flavour, high water content*
- Salt and black pepper
- Foil

## Garnish

- 2 slices lemon *vitamin c*
- 1 bunch Parsley *Natural diuretic*



## Method

1. Moisten portions of fresh salmon / trout fillets with good olive oil.
2. Place fillets in foil either individually or together.
3. Add a handful of strawberries, a sprinkling of salt and a grinding of black pepper.
4. Drizzle with balsamic vinegar and lemon juice.
5. Close the foil around the fish and place on hot coals (Braai) or in an oven at 180 °C.
6. Grill for 10 minutes until fish is cooked.
7. Flip onto a tangle of wild rocket tossed with olive oil and seasoning.
8. Serve with braaied veggie kebabs.

Serves 2

# Grilled Tofu Salad

## Ingredients

250g Firm tofu - thickly sliced *Complete source of protein, low in saturated fat. Good source of calcium. Helps prevent heart disease*

## Marinade

200ml Sweet chilli sauce  
60ml Lemon juice *High in vitamin c – good for immunity and skin*  
60ml Soya sauce *Natural decongestant*

## Salad

1 Green pepper, thickly sliced *rich in vitamin c, good for skin and immunity*  
1 Yellow pepper, thickly sliced *rich in vitamin c, good for skin and immunity*  
4 Patty pans, quartered *Rich in vitamin c and potassium*  
100g Mushrooms *Good source of potassium*  
4 Baby marrows, sliced *Good source of beta-carotene, vitamin C and folate.*  
125ml Cherry tomatoes *Lycopene - antioxidant*  
1 Spray olive oil *Good quality fat – healthy heart*  
1 Ina Paarmans Rosemary and olive herb salt - Purple container

## Method

1. Place tofu slices in the marinade and leave aside until veggies are prepared.
2. Pre heat oven to 200 °C and spray baking/roasting dish with olive oil spray.
3. Place all veggies in a large baking/roasting dish and lightly spray with olive oil
4. Sprinkle generously with Herb Salt
5. Roast veggies until tender and crisp (+ - 20 minutes) and allow to cool.
6. Lightly fry tofu slices in a non-stick saucepan, using the marinade.
7. Place warm tofu slices on top of cooled roasted veggies.

Serves 2



# Health cells muesli



## Ingredients

500ml	All bran flakes	<i>Hi in fiber – improve colon health</i>
500ml	Rolled oats	<i>Rich in soluble fiber, good for the heart and colon</i>
250ml	High Fiber bran	<i>High in fiber, improves colon health</i>
250ml	Oat bran	<i>Rich in soluble fiber good for heart and colon</i>
125ml	Skim milk powder	
250ml	Dried fruit	<i>Energy dense fruits loaded with vitamins and minerals.</i>
250ml	Mixture of sesame seeds, pumpkin seeds, Lin seeds, sunflower seeds	<i>Rich in protein, vitamin E and B. Linseeds are packed with omega 3 fatty acids to boost overall health. Pumpkin seeds: good for prostate health and immune system zinc helps with skin and libido Sesame seeds packed with vitamin E and calcium.</i>

## Method

1. Mix all ingredients together.
2. Store in an airtight container
3. Serve with fat free milk and or yoghurt.

# Health Cells Pizza

## *Ingredients*

3	Pita pockets
1 tin	Tomato and onion mix
1	Green pepper, sliced
1	Yellow pepper, sliced
1/2	Mushrooms, sliced
2 pieces	Tinned pineapple pieces
½ packet	Frozen Pick 'n Pay Creamed spinach, cooked
1	Banana, sliced
1 tin	Mussels in oil
80g	Shrimps
1 small tub	Low fat feta cheese, crumbled low fat
2 slices	Lean ham, chopped
80g	Mozzarella cheese, grated
20ml	Parmesan cheese, grated
4	Pepper dews, chopped



## *Method*

1. Divide the tomato and onion mix over the 3-pita breads.
2. Add the peppers and mushrooms to the 3-pita breads.
3. Tropical - add the lean ham, banana slices and pineapple pieces to one of the pita breads
4. Seafood - add muscles and shrimps to the second pita bread.
5. Vegetarian - add the creamed spinach and feta cheese and pepper dews
6. Sprinkle mozzarella cheese evenly over the tropical pizza.
7. Sprinkle parmesan cheese evenly over the seafood pizza.
8. Leave the vegetarian pizza cheese less
9. Place under preheated grill until cheese is melted.



# Immune booster

## Ingredients

Pure orange juice

*Vitamin c, immune booster*

Small cinnamon sticks

Lemon

*Vitamin c*

Fresh ginger root, thinly sliced or grated

*Good for digestion and coon disorders*

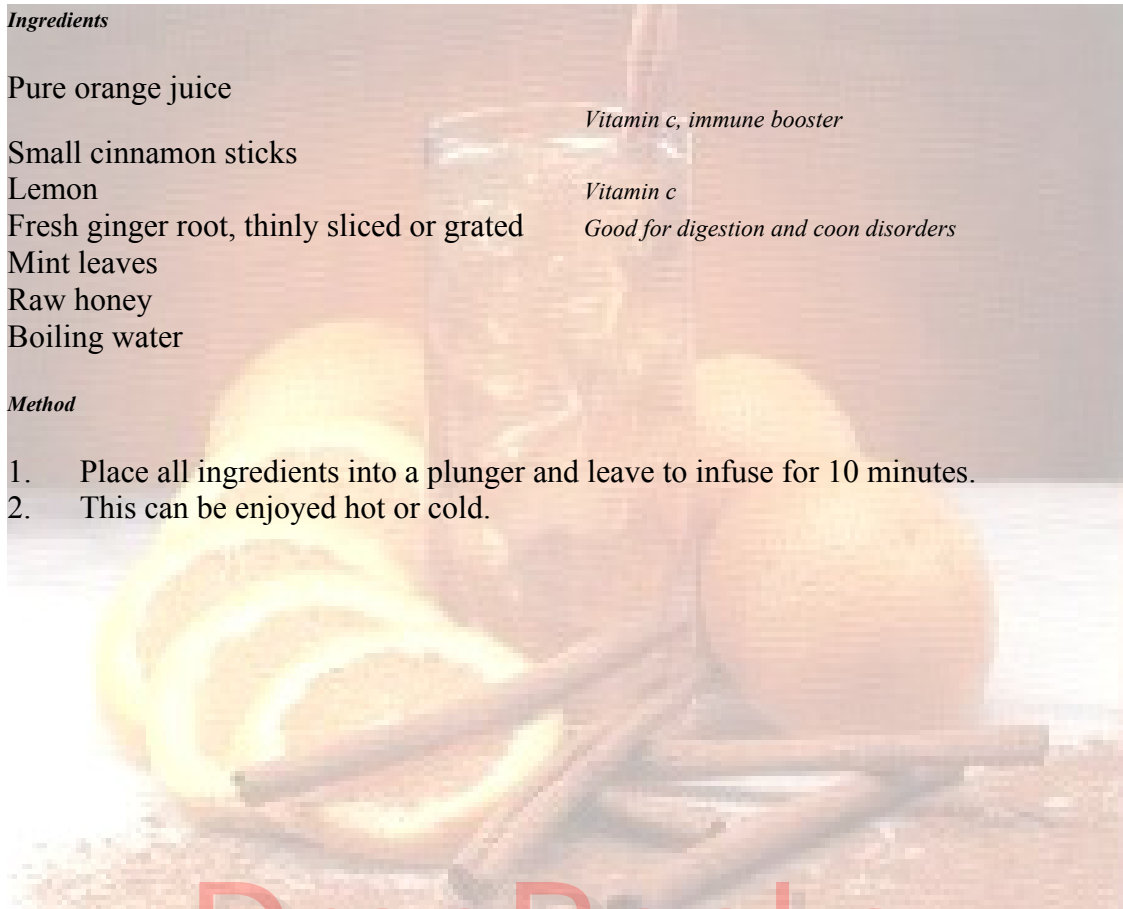
Mint leaves

Raw honey

Boiling water

## Method

1. Place all ingredients into a plunger and leave to infuse for 10 minutes.
2. This can be enjoyed hot or cold.



## DropBooks Yogurt Fruit Jelly

## Ingredients

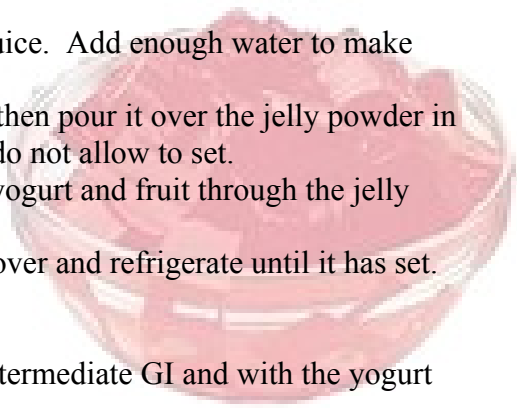
410g tin fruit cocktail

85g packet raspberry flavored jelly powder (sugar free optional)

500ml low-fat flavored yogurt

## Method

1. Drain the fruit cocktail and measure the juice. Add enough water to make 250 ml of liquid.
2. Bring the juice and water to the boil and then pour it over the jelly powder in a bowl. Stir until dissolved and cool but do not allow to set.
3. When the jelly just begins to set, fold the yogurt and fruit through the jelly and mix well.
5. Pour the mixture into six serving bowls, cover and refrigerate until it has set.



Normal jelly can safely be used as sugar has an intermediate GI and with the yogurt the GI is lowered even further.

# Low Fat Quiche

## *Ingredients:*

### *For the shells:*

12 sheets Phyllo pastry  
2 egg whites  
1 egg yolk  
2Tbs water

### *For the filling:*

1/2tsp butter  
1/2 cup Mushrooms (chopped)  
2 egg yolks  
4 egg whites  
1/2 cup frozen spinach (thawed & drained well)/ Tuna / Chopped or minced Cooked chicken  
200g low fat grated cheese  
1 cup Low fat milk  
1/4 tsp salt  
1/8 tsp ground nutmeg



## *Method*

1. Preheat the oven to 180C. Separate 12 pieces of Phyllo dough and lay on counter.
2. Cover with waxed paper and then a moist towel to keep the dough from drying out.
3. Whisk together the egg whites, egg yolks and water. Working quickly spread one sheet of dough with a light coating of egg mixture making sure not to have the brush too damp
4. Top with a second sheet of dough and repeat coating and dough. Each completed one will be four leaves thick with coating between each leaf.
5. Cut into 3-inch squares and place a square over a mini muffin cup pressing down gently to form a cup. When the 12 cups are filled in a mini-muffin tin place in the preheated oven.
6. Bake for approx. 7 - 10 minutes until the dough cups are golden brown.
7. Melt the butter in a non-stick sauté pan. Add the mushrooms, sauté.
8. Whisk together the egg yolks & egg whites. Fold in the spinach, cheese, milk, salt and nutmeg.
9. Place about 2 Tablespoons of mixture in each cup and place muffin tin in the oven. Bake for about 15 minutes until the quiche is set.

# Meaty Hot Pot

## Ingredients

300g	Ostrich Steak, cubed into bite sized pieces	<i>Lean – low cholesterol</i>
1/2	Onion, finely chopped	<i>Good for congestion</i>
10ml	Olive oil	<i>Unsaturated fat</i>
1	Garlic clove, minced	<i>Good for immunity</i>
15ml	Beef stock powder	
350ml	Beer ( <i>Yes! Beer</i> )	
2.5ml	Mustard Powder	
500ml	Frozen mixed vegetables	<i>Mixed nutrients (vitamins and minerals)</i>
125 cup	Pearled barley, uncooked	<i>High source of soluble fiber – great for colon; slow release therefore lots of energy</i>

## Method

1. Heat the olive oil and fry the onions and meat cubes until browned.
2. Add the remaining ingredients.
3. Cover and simmer for about 45 minutes, stirring occasionally.

Serves 4



# Mediterranean Couscous

## Ingredients:

350g	couscous	<i>Easy &amp; simple to make!</i>
175ml	orange juice	<i>loaded with vitamin C</i>
175g	hot vegetable stock	<i>To flavour the couscous</i>
100g	sun-dried tomatoes	<i>Lycopene helps prevent cancer!</i>
10	dried apricots, soaked to soften	<i>Good source of potassium</i>
handful	parsley or basil	<i>High in vitamin C &amp; a great diuretic!</i>
30ml	chopped olives	<i>A good source of monounsaturated fats</i>
75g	pine nuts/slivered almonds, slightly toasted	<i>Also a source of those mono's!</i>
	75ml olive oil	<i>Olive oil &amp; Canola are great to cook with &amp; healthy</i>
1	lemon, juice only	
150g	feta cheese, crumbled	<i>Go for a reduced fat feta cheese</i>
	olives for garnish	
	anchovies , for garnish (optional)	<i>Excellent source of omega 3 fatty acids!</i>
	basil leaves, for garnish	

## Method

1. Place couscous in a large bowl. Mix together orange juice and stock and pour over the couscous. Set aside for 20-25 minutes until the liquid has been absorbed.
2. Using a fork or the tips of your fingers, separate grains of couscous until no lumps remain. Stir through the rest of the ingredients, reserving a few chopped olives for decoration. Season and serve garnished with olives, anchovies (optional) and basil leaves.

Mediterranean Couscous makes a great in-between snack. Just double the recipe and keep it in the fridge until needed. If the kids find feta cheese too strong, use Tussers or mozzarella cheese as a substitute.

*TIP . any of the following veg can also be used .....corn, celery, peppers (use nice colours) sugar snap peas, onions etc. You can also use some left over protein to make a good lunchtime meal for the office.  
Press some into a teacup and turn out onto a side plate, garnish with anchovies or shrimps as a supper starter.*



# Meringue Baskets

*A wonderfully fresh and tasty almost fat free impressive dessert*

## *Ingredients*

4	Meringue baskets	<i>Fat free</i>
2	Kiwi fruit	
2	Banana	
200g	Strawberries	
1	Paw paw (balls)	
1	Pineapple, thinly sliced	
1	tin Granadilla pulp	
1 slab	Bourneville dark chocolate	<i>Magnesium and antioxidants, good for heart health</i>
200ml	Ultramel custard	
125ml	Icing sugar	
4	Doilies	



## *Method*

1. Melt the chocolate.
2. Dip selected fruits half way in chocolate and allow to cool and set.
3. Spoon in 3 tablespoons of custard into each meringue basket.
4. Fill the meringue with fruit over the custard.
5. Drizzle with granadilla pulp.
6. Dust with icing sugar and top with mint leaves!

Serve on doilies.

# Mexican Fish and Beans

## Ingredients:

5 ml	olive/canola oil	<i>rich in heart and cholesterol-friendly monounsaturated fats</i>
1 stick	celery, finely chopped	<i>A great diuretic – helps with water retention!</i>
1	onion, finely chopped	
5ml	crushed garlic/1 clove	<i>Great for your immunity, not so great for the breath!</i>
410g	tin of tomatoes mashed with gravy	<i>Rich in cancer-fighting lycopene</i>
410g	tin of butter beans (drained)	<i>Source of soluble &amp; insoluble fibres</i>
5 ml	minced / crushed chillies	<i>Superb for that Mexican flavour, boosts digestion and metabolism!</i>
125ml	Apple juice +water (50:50) or 125 mls white wine	
4	de-boned fish fillets (hake-500gm)	<i>Aim to eat fish more than twice weekly!</i>
	cut into cubes	
30ml	chopped parsley	<i>High in vitamin C - Chew this to combat 'garlic' breath</i>
	Freshly ground black pepper	
	Potato, cooked & mashed	

## Method:

1. Heat oil in non-stick pan
2. Add celery, onion and garlic and sauté for about 5 minutes until transparent
3. Add tomatoes, beans and chillies, simmer uncovered for 10 minutes
4. Meanwhile heat the wine in a medium pan over moderate heat
5. Add the fish and poach gently for 3-4 minutes until just cooked
6. Combine fish and tomato and bean mixtures. Add parsley and pepper to taste
7. Serve on Mashed potato with a green salad

Serves 4



# Mushroom and Tuna Bake

## Ingredients:

500g pasta shells  
1 onion, finely chopped  
2 garlic cloves, peeled and crushed or 10 ml minced garlic  
10ml canola or olive oil  
300g button mushrooms, sliced  
1 green pepper, finely sliced  
1 red pepper, finely sliced  
45ml corn flour  
500ml fat free milk  
3 tomatoes, chopped  
400g tuna in brine, drained and flaked  
5ml turmeric  
60g mozzarella cheese, grated  
Sprigs of parsley to garnish

## Method

1. Cook pasta shells in plenty of boiling water. Drain and reserve.
2. Heat the oil and fry onion and garlic. When onion is soft and golden, add mushrooms and green pepper.
3. Cover and cook gently until peppers are soft and mushroom juices begin to run.
4. Mix the corn flour with just enough of the milk to make a smooth runny paste.
5. Add the paste to onions and mushrooms along with remaining milk.
6. Cook over a low heat, stirring constantly, until sauce is thick and smooth.
7. Stir in tuna and tomatoes and season to taste with salt and pepper.
8. Carefully fold in the reserved pasta shells and place into a lightly greased oven dish.
9. Sprinkle grated cheese and turmeric over the mixture.

Bake, uncovered at 180°C for 10 - 15 minutes.

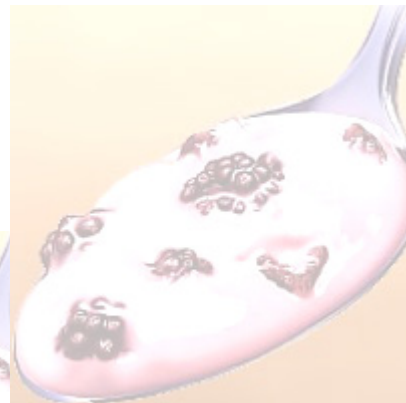
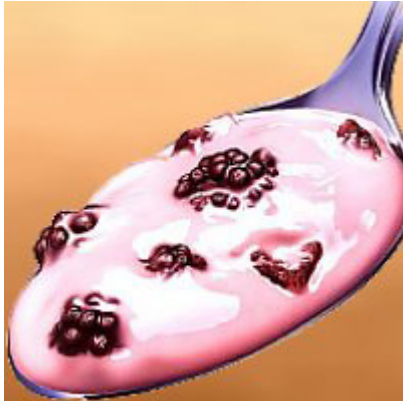
Serves 6





# Oat surprise

A great eat on the run breakfast



## Ingredients

- 80g Oats
- 175ml Fat free fruit yogurt
- 30ml Fat free milk (to thin)
- 4 Pitted prunes, chopped

*Soluble fiber, good for colon. slow release for sustained energy*

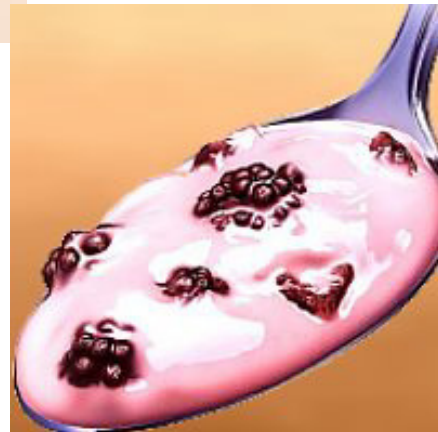
*Calcium*

*Calcium*

*Gentle laxative — good for constipation*

## Method

1. Combine all ingredients and leave in the refrigerator over night.
2. Add milk if the mixture is too thick.
3. Enjoy!



# Ostrich Burger

## Ingredients

500g Ostrich mince  
1 Medium onion, finely chopped  
60ml Fresh parsley  
60ml Fresh basil  
125ml Oat bran  
1 Egg  
20ml Olive oil  
Herb salt to taste  
Milled black pepper to taste

*Lean, low cholesterol*

*Great diuretic*

*Soluble fiber; slow release*

*Lecithin – good for brain and liver*

*Good source of unsaturated fat; good for the heart*



## Garnish

Tomato, sliced  
Dill cucumber, sliced  
Pineapple slices  
Rocket leaves  
Watercress  
Dijon mustard  
Chutney  
All Gold Tomato sauce

*High in bromelain enzyme good for protein digestion*

*rich in lycopene .good antioxidant and good for prostate health*

## Method

1. Mix all ingredients together except olive oil.
2. Form into patties (+ - 1.5cm thick).
3. Heat the olive oil in a saucepan.
4. Add the patties and fry until browned and cooked through.

Serve on whole wheat bread rolls or sweet potato bread. Refer to recipe index.

# Pancakes and berry sauce

## *Ingredients*

1	Ready mix pancake mixture	
1 packet	Woolworth's frozen berries	<i>High in antioxidants</i>
100g	LITE ideal milk - chilled	
Sugar to taste		

## *Method*

1. Prepare pancakes as per instructions on the box.
2. Heat a non-stick frying pan and make pancakes.
3. Fold pancakes in half and in half again.
4. Prepare berries as per packet instructions and place on top of pancakes.
5. Beat the chilled ideal milk until frothed.
6. Dollop froth over berries and serve immediately.



# Pumpkin Crème brulee

## Ingredients

250ml	Pumpkin, cooked and mashed	<i>Beta carotene</i>
250ml	Fat free milk	<i>Calcium and protein</i>
30ml	Golden syrup	
125ml	Brown sugar	
4	Large eggs, lightly beaten	<i>Lecithin</i>
2.5ml	Ground cinnamon	
2.5ml	Ground ginger	<i>Good for digestion</i>
2.50	Ground nutmeg	<i>antioxidant</i>
5ml	Vanilla essence	
	Castor sugar	

## Method

1. Preheat the oven to 160°C.
2. Grease a soufflé dish or six custard cups.
3. In a large saucepan, heat the milk, syrup, and brown sugar over low heat until the sugar dissolves, about 5 minutes.
4. Beat the eggs with a wire whisk.
5. Beat into the warm milk mixture.
6. Add the pumpkin puree, cinnamon, ginger, nutmeg and vanilla.
7. Pour mixture into the soufflé dish or custard cups. Place the soufflé dish into a roasting/baking tin filled 2/3 water. Cover with lid and bake until a knife inserted into the center of the custard comes out clean, about 40 minutes for custard cups and 60 minutes or more for a soufflé dish.
8. Refrigerate for at least 1 hour, and up to 1 day.
9. Sift some of the castor sugar on top of the cold custard in a thin layer.
10. Using a blowtorch, quickly melt the sugar until it is a deep golden color.
11. Repeat points 9 and 10 until you have a thick, sugar crust.

Can be refrigerated for 3 - 4 days as custard



# Sesame Turkey and Polenta

## Ingredients

2	Turkey breasts, thickly sliced	<i>Low fat</i>
200g	Sesame seeds	<i>Rich in calcium, good for nervous system and bones</i>
1	Egg, lightly beaten	
20ml	Olive oil	<i>unsaturated fat, good for heart</i>
500g	Polenta, thickly sliced	<i>low fat</i>
125ml	Sweet chilli sauce	<i>vitamin c source and may increase metabolism</i>

## Method

1. Dip turkey slices into beaten egg and coat with sesame seeds.
2. Heat olive oil in a non stick sauce pan and fry turkey pieces and polenta until golden.
3. Serve with sweet chilli sauce.

Great for serving as finger food!



# Spiced chickpea dish

## Ingredients

30ml	Sunflower seeds	<i>Good fats for overall health</i>
1400g	tin chickpeas, drained	<i>Rich in fiber.</i>
5ml	Chilli powder	<i>Slowly released for sustained energy</i>
5ml	Paprika	
1	Onion, chopped	<i>Anti congestant</i>
1	Garlic clove, chopped	<i>anti bacterial and immune booster</i>
200g	Canned chopped tomatoes	<i>vitamin B and magnesium</i>
225g	Fresh spinach, stalks removed	
10ml	Sweet chilli sauce	
	Salt and ground pepper	

## Method

1. Heat a wok / non-stick frying pan. Then add the sunflower seeds. Dry fry until the seeds are golden and toasted
2. Remove the sunflower seeds and set aside. Toss the chickpeas in chilli powder and paprika. Remove and reserve
3. Heat the wok, then dry fry garlic with onion. Add the chickpeas and stir fry for 1 minute.
4. Stir in the tomatoes and stir fry for 4 minutes. Toss in the spinach, season well and stir fry for another 1 minute.
5. Drizzle chilli sauce and scatter sunflower seeds over the vegetables.
6. Serves 4 (6 as a side dish)



# Summer mint couscous

## *Ingredients*

175g	Couscous
100ml	Orange juice
100g	Hot vegetable stock
50g	Sun dried tomatoes, in oil
125g	Mint leaves, chopped
30g	Almonds, flaked
1/4	Green pepper
1/4	Red pepper
1/2	Red apple, grated or sliced
1/2	Naartjie, slices chopped and de-pipped
30ml	Pepperdews, chopped
10	Whole Black calamata olives

## *Garnish*

- 1 tin Shrimps
- 1 bottle Island pink dressing



## *Method*

1. Mix couscous, orange juice and hot vegetable stock and leave aside for 15 minutes.
2. In the mean time prepare salad ingredients.
3. With a fork "fluff" the couscous and add all the ingredients stirring gently until well mixed.
5. Pour over sauce and mix together carefully.
6. Sprinkle fresh parsley onto top and serve hot.



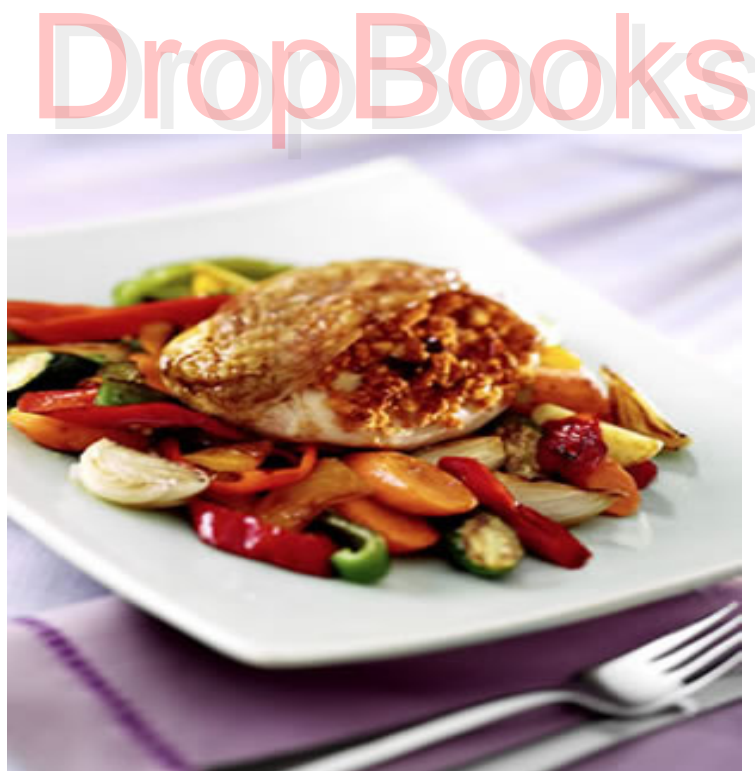
# Sweet and sour chicken olives

## *Ingredients*

4	chicken breasts
1	tinned sliced peaches
2tbs	sultanas
1tsp	curry powder
1tsp	chicken stock
125ml	water
2tbs	balsamic vinegar
2tsp	brown sugar
2tsp	oat bran

## *Method*

1. Gently simmer peaches, curry powder, stock and sultanas in water
2. Add oat bran to thicken
3. Flatten chicken breast with meat hammer
4. Place filling onto flattened chicken breast and roll
5. Place rolls in foil and cover with remaining fruit, sugar and balsamic vinegar
6. Place on braai for 8 – 12 minutes



# Veggie Kebabs



## *Ingredients*

- 1 Corn on the cob
- ½ punnet big mushrooms
- 1 Green pepper
- 1 Red pepper
- 1 Yellow pepper
- 4 Baby marrow
- 4 Patty pans
- 8 Skewer sticks, soaked in water

*Slow release for more energy*

*Vitamin c*

*Vitamin c*

*Vitamin c*

*Potassium, vitamins and minerals*

*Potassium, vitamins and minerals*

## *Basting*

- 100ml Balsamic vinegar
- 100ml Wholegrain mustard
- 100ml Honey

## *Method:*

1. Prepare veggies and place creatively on skewer sticks.
2. Mix together the basting ingredients.
3. Braai kebabs on top of hot coals. Use the basting while braaing.

# Smoked Haddock Pâté

## *Ingredients*

2 large fillets smoked haddock, cooked - easy to cook in milk  
4 hardboiled eggs, yolks discarded  
75g (2 slices) whole-wheat breadcrumbs  
1 thick slice onion, finely chopped  
150ml fat free plain yogurt  
15ml chopped parsley  
15 ml grated lemon rind  
Lemon slices to garnish  
Salt and pepper

## *Method:*

1. Place all the ingredients into a food processor and process till smooth. It may be necessary to stop half way and use a spatula to help mix ingredients together.
2. Season with salt and pepper.
3. Serve chilled or warm with triangles of hot toast or pita bread or provitas.

*Note:* Can also be served in Cucumber cups or as a dip.

# DropBooks



# Baby Potatoes crowned with a Mustard Sauce

## *Ingredients*

Baby potatoes

## *MUSTARD SAUCE*

250ml fat free smooth cottage cheese  
60ml Dijon mustard  
30ml wholegrain mustard  
1 garlic clove, crushed  
Salt and pepper



## *Method:*

1. Cook the potatoes in boiling water till just tender. Do not over cook them or they will become too soft.
2. Cool to room temperature.
3. Using a paring knife, cut the bottom section of each potato so that it will sit upright when served.
4. Cut a little hole at the top of each potato.
5. mix all the sauce ingredients together.
6. Top each potato with the mustard sauce and sprinkle with chives.
7. As an option you can also cut an X across the top of each potato and then squeeze the potato slightly before placing the caviar on top.



## Stuffed eggs

Hard boil eggs

Cut in half carefully and remove yolk

Blend yolks with fat free mayonnaise type dressing or fat free cottage cheese

Add some finely chopped parsley or chives for colour- Mix into above

Carefully spoon /pipe back into white section of the egg and garnish.

# Chicken Tikka

## *Ingredients*

4 chicken breast fillets

## MARINADE

125ml soy sauce

125ml honey

10ml minced garlic

10ml minced ginger

garnish – red cherries

## *Method:*

MARINADE: Combine all ingredients until well mixed.

1. Slice chicken into strips. Place in marinade for at least one hour. Thread chicken onto wooden skewers.
2. Bake kebabs at 200°C in the marinade, covered, for about 15 minutes until cooked through.
3. Place a cherry on top of each skewer.

Serves 4



# Sweet 'n Sour Ostrich meatballs

## *Ingredients*

500g ostrich mince  
125ml plain dried bread crumbs  
¼ cup finely chopped celery  
¼ cup minced fresh parsley  
2 egg whites  
½ tsp ground black pepper  
40g onion soup powder  
360ml mild chilli sauce of choice  
250ml water  
100ml apple cider vinegar  
30ml sugar

## *Method:*

1. Combine mince, breadcrumbs, celery, parsley, egg white and ½ teaspoon pepper in a bowl.
2. Add half soup mix and mix well. Using moistened hands, form mixture into 2.5cm diameter balls and place on a sheet of foil.
3. Combine chilli sauce, water, raisins, vinegar, sugar and remaining soup mix in a large saucepan. Bring to simmer over medium-low heat.
4. Drop meatballs into the sauce, cover and simmer until meatballs are cooked through and sauce thickens, stirring occasionally (about 30 minutes).

Serve with spooned over sauce and garnish with fresh herbs of choice.

Serves 4





## Dewdrop Smoothie

### Ingredients

250ml aloe yogurt  
2 pears, cored but unpeeled and diced  
2 kiwi fruit, peeled and sliced  
5 mint leaves, roughly torn  
5 ice cubes  
1 tablespoon oat bran

### Method

blend all the above in a food processor until smooth  
pour into glasses and serve immediately.

## Tropical Mango Smoothie

### Ingredients

250ml fresh or canned mangoes, peeled and sliced  
125ml pineapple juice  
1 banana, peeled and sliced  
3ml grated fresh ginger  
10ml lemon juice  
3 ice cubes

### Method

Blend all of the above in food processor until smooth. Pour into glasses and serve immediately.

## Sunshine Smoothie

### Ingredients

1 paw paw, peeled and cubed  
250ml vanilla yogurt  
60ml fresh orange juice  
60ml wheat germ  
4 ice cubes

### Method

Blend all in the food processor until smooth. Pour into glasses and serve immediately.

# Litchi Smoothie

## *Ingredients*

250 ml fresh or canned litchis  
30ml honey  
125ml Greek yogurt  
4 Ice cubes

## *Method*

Blend all together in blender, pour into glasses and serve.



# Berry Delight

## *Ingredients*

100g blackberries or blueberries, frozen  
1 banana peeled and sliced  
15ml lemon juice  
100ml vanilla ice cream  
50ml apple juice

## *Method*

Blend all in blender, pour into glasses and serve.

# Cedarberg Smoothie

## *Ingredients*

500ml strong rooi bos tea, cooled  
300ml vanilla ice cream  
30 ml honey  
1 pineapple peeled and cut into 9 pieces  
5ml grated fresh ginger  
Extra honey to garnish

## *Method*

Blend all together in food processor until smooth.  
Pour into glasses and drizzle with a little honey.



# American French Toast with honeyed fruit

A great breakfast complete with slow release bread, protein and fresh fruit.

Serves 4

## *Ingredients*

- 2 eggs
- 200ml skim milk
- 2.5ml ground cinnamon
- 1ml nutmeg
- 2.5ml vanilla essence
- 15 ml canola oil
- 4 slices low GI bread (Thin slices Eg: Rye bread)

## *Fruit topping*

- 1 Mango, peeled and sliced
- 1 Peach or nectarine, cut into wedges
- 5 ml Canola oil
- 30ml Honey
- 240ml Fat free vanilla yogurt

## *Method*

1. Whisk together the egg, milk, sugar, cinnamon, nutmeg and vanilla until mixed. (This can be done ahead and refrigerated overnight.)
2. Dip each bread slice into the egg mixture till well coated.
3. Heat a well-greased griddle or large frying pan with oil until hot but not smoking.
4. Fry each slice of bread till lightly browned.
5. Keep them in a warm oven until ready to serve.
6. For the fruit topping: Heat the canola oil and honey.
7. Add the fruit and fry the mango and peach slices till softened.

To serve, top each slice of French toast with some of the fruit. Add a dollop of yogurt.

## **TIP:**

In winter, frozen berries or bananas and apples can be used.



# Avocado Starter

Easy, tasty and pretty. The ideal fuss free, economical starter.  
Avocado is also incredibly healthy and a good source of unsaturated fats.

## *Ingredients*

- 3 ripe avocado pears
- 5ml Ina Paarman's Green Onion or Lemon & Black Pepper Seasoning
- 60-90ml Low fat salad herb dressing
- 1pkt fresh watercress or lettuce
- 1 fresh lemon

*Empty tuna tin for mould*

Serves 4-6

## *Method*

1. Pip, peel and cube the avocados in 1cm x 1cm blocks. Season and toss with the dressing.
2. Shape into an individual ring, 5cm x 4cm deep (see Tip).
3. Transfer to 6 side plates, unmoulding as you go.
4. Add a generous helping of watercress and fine half moon slices of lemon.



## *Tip :*

*If you do not have 5cm x 4cm deep rings, use a small tuna tin with top and bottom removed or use a big size tomato paste tin with top and bottom removed. Garnish.*

*For an extravagant alternative, add ribbon strips of smoked salmon trout.*

# Broccoli, Mushroom & Red Pepper salad

## Ingredients

250g	fresh broccoli
150g	mushrooms, thinly sliced
1	medium red pepper, thinly sliced
	Salt and milled black pepper
2	spring onions, chopped
125g	smooth fat free cottage cheese
100ml	plain or flavored fat free yogurt
25ml	lite or low-oil mayonnaise
30ml	chopped parsley
5ml	honey
0.5ml	salt

Serves 4

## Method

1. Trim the broccoli and slice lengthwise. Steam in a little water till just tender and crisp.
2. Drain, chop coarsely and place into a salad dish.
3. Add mushrooms and sliced red pepper and season with salt and pepper.
4. In a separate dish, mix the spring onions with the remaining ingredients except the paprika.
5. Blend well. Add a little fat free milk if the dressing is too thick.
6. Pour over the broccoli, mushrooms and red pepper.
7. Chill until required.
8. Serve at room temperature.

## NOTE

Broccoli is a powerhouse of vitamins.

It is full of anti-oxidants and fiber as well.

We should all eat a serving of a dark green or deep orange vegetables every day.



# Burgundy Steak and Mushroom Pie

## Ingredients

1	large Onion, finely chopped
10ml	canola or olive oil
400g	ostrich steak, cut into 2,5cm cubes or chicken breast fillets
150ml	beef stock
125ml	dry red wine
400g	tin cream of mushroom soup or thick mushroom sauce
30ml	corn flour
300g	button mushrooms, halved
5	sheets Phyllo pastry
30	canola oil
	Pinch salt & freshly ground pepper

Serves 4

## Method:

1. Heat oil and fry the chopped onion till softened and slightly golden.
2. Add the steak or chicken to the saucepan and fry until the meat is lightly browned.
3. Add the stock and the red wine.
4. Cover and simmer gently for about 20 minutes, or until tender.
5. Pre-heat the oven to 180 °C
6. Add the cream of mushroom soup or thick mushroom sauce.
7. Blend the corn flour with a little water to make a smooth paste.
8. Add to the saucepan and simmer, stirring all the time until the sauce has thickened.
9. Add the mushrooms and continue to cook for a few minutes.
10. Season to taste and spoon into a lightly greased pie dish.
11. Brush a sheet of Phyllo pastry with a little olive oil, then crumple it up loosely and place the oil-side up over the filling. Repeat with the remaining pastry and oil.
12. Bake in the oven for 25 - 30 minutes, until the pastry is golden brown and crispy.

## TIP:

Add sliced sweet potato on top of the meat mixture and place Phyllo layers on top for a more substantial dish that can be served as is without extra starch.





# Caramelised Onion-Potato Pancakes

## *Ingredients*

2	medium sweet potatoes, peeled, baked and chilled
1	nonstick cooking spray
1	red onion, finely chopped
1	red bell pepper, finely chopped
125ml	sweet corn kernels
3	cloves fresh garlic, minced
2.5ml	fresh rosemary, chopped
5ml	fresh oregano, chopped
2	egg whites
	salt to taste
	freshly ground black pepper

Makes 6-8 patties

## *Method*

1. Peel the cold potatoes carefully with a paring knife and gently grate them with the coarse side of a cheese grater and set aside.
2. Lightly spray a sauté pan with non-stick cooking spray over medium-high heat.
3. Sauté the onions and peppers for about 5 minutes until the onions begin to brown.
4. Add the corn, garlic and herbs and cook 2 to 3 minutes longer. Set aside to cool.
5. Place the potatoes, vegetables, egg whites, salt & pepper in a medium size bowl,
6. Gently fold together.
7. Taste, adjust the seasoning, and form into eight patties.
8. Place a non-stick griddle, skillet or lightly sprayed sauté pan over medium heat and toast each side of the cakes golden brown, about 3 to 4 minutes.

Make it fancy Serve with homemade applesauce or sautéed apples.



# Chicken Stroganoff

## *Ingredients*

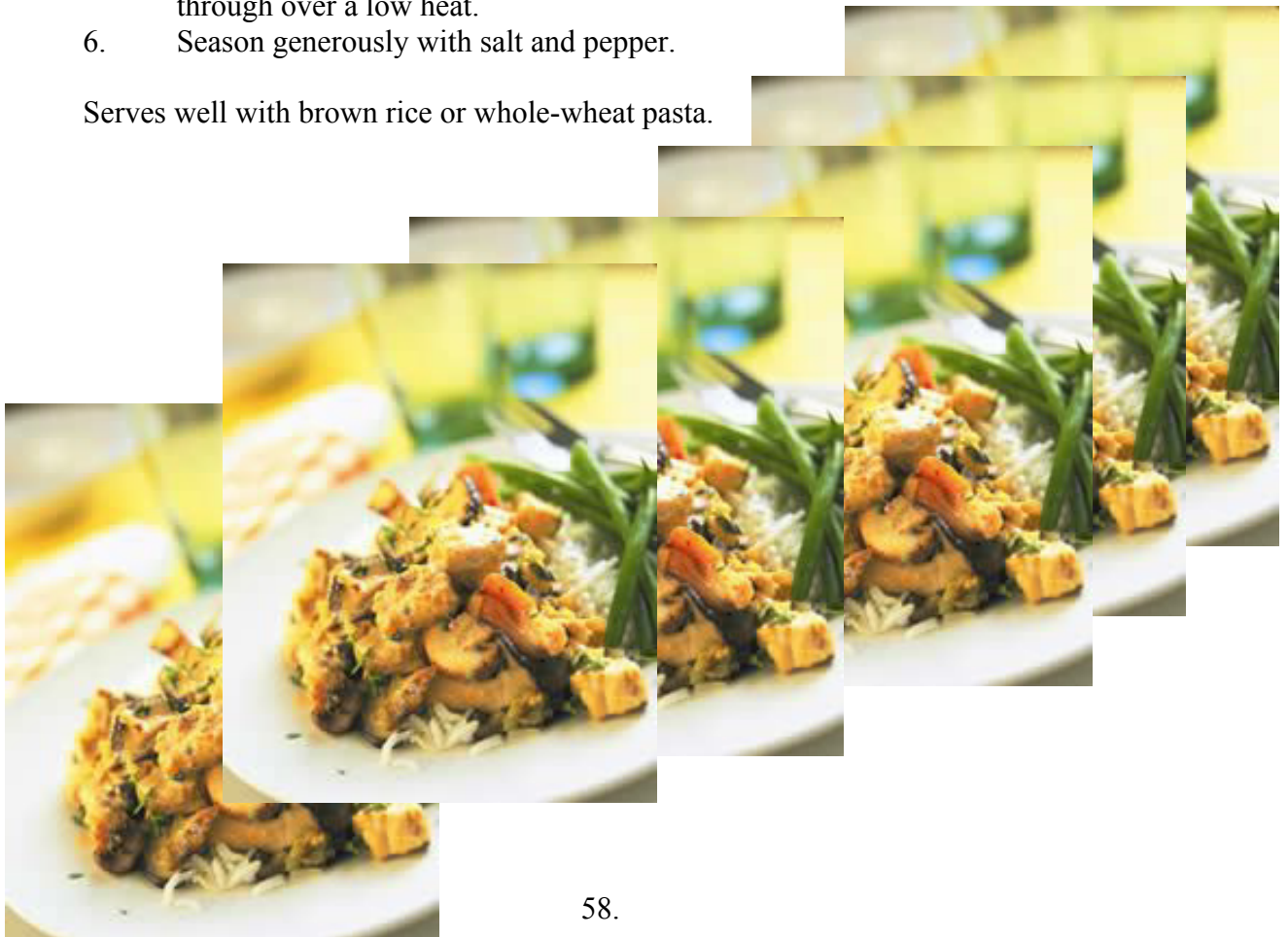
1	medium onion, chopped
1	green pepper, sliced
300g	button mushrooms, sliced
10ml	canola or olive oil
3	large chicken breast fillets, cut into thin strips
30ml	corn flour
7ml	paprika
15ml	brandy
125ml	tomato sauce
250ml	fat free plain yogurt or lite evaporated ideal milk
	Salt and milled black pepper
200ml	uncooked brown rice, cooked

Serves 4

## *Method*

1. Heat the oil and fry the onion, pepper and mushrooms until softened.
2. Add the chicken strips and continue to fry until well browned and cooked through.
3. In a separate jug combine corn flour, paprika, brandy and tomato sauce Mix to a smooth paste.
4. Add to the chicken and cook over a low heat, stirring constantly, until thickened.
5. Stir in the yogurt or lite evaporated ideal milk close to serving Gently warm through over a low heat.
6. Season generously with salt and pepper.

Serves well with brown rice or whole-wheat pasta.



## Chilled Almond & Chilli soup

A stunning Mexican dish by WickedFood Cooking school and perfect for a summer starter.

### *Ingredients*

6	Long green chilies
3	Garlic cloves, minced
Pinch	Cumin
1ml	Salt
200g	Blanched almonds
1250ml	Water, boiled
120ml	Chicken stock, mixed into the hot water
15ml	Olive oil

Serves 6 as a starter

### *Method*

1. Roast the chilies under a hot grill until they blister and are well charred.
2. Place into a plastic bag allow to sweat until cool. Peel the skins off and remove the seeds.
3. Place chilies into a mortar and pound to a paste, together with the garlic, cumin and salt.
4. Place the almonds in a food processor and grind till very fine.
5. Slowly add the chicken stock while still mixing.
6. Heat the oil and add the chilli paste mixture and fry over medium heat for 5 minutes.
7. Add the almond and chicken stock mixture and simmer for 10 minutes.
8. Adjust seasoning with salt.
9. Remove from heat, allow to cool and then place in refrigerator.

Soup is best served after 24 hours.

### *Tip:*

Should the soup end up as too 'hot', add 500 ml skim milk to 'dilute' the flavour.

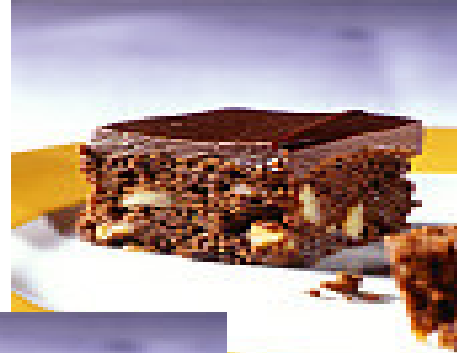


# Chocolate Date Squares

(From Eating For Sustained Energy by G Steenkamp & L Delpoort)

## *Ingredients*

60ml	soft lite margarine
125g	dates, roughly chopped
200g	butter beans, blended undrained
10ml	vanilla essence
2.5ml	almond essence
60g	nuts, chopped
250ml	All bran flakes, crushed
20ml	cocoa powder
60ml	soft brown sugar
50g	milk chocolate



Makes 10 squares

## *Method:*

1. Melt the margarine in a saucepan.
2. Add the dates and the butter beans mixing to make a smooth mixture.
3. Add the vanilla essence, almond essence, nuts and boil for 2 minutes.
4. Add the cereal, cocoa and sugar and mix well.
5. Press mixture into a 10 cm greased container.
6. Melt the chocolate and spread thinly over the date mixture.
7. Place into the fridge to set and cut into squares.

***Adaptation:*** Roll into bite-sized balls and dip in chocolate or roll into coconut or crushed bran flakes.

# Crispy Potato Skins

A great alternative to crisps and other high fat nibbles for a Braai.

## *Ingredients*

8 Small baking potatoes, scrubbed  
20g butter, melted

## *Topping:*

6 spring onions, thinly sliced  
50g shaved chicken, thinly sliced  
50g grated Gruyere or Parmesan cheese

Serves 8

## *Method*

1. Preheat oven to 200C. Prick with a fork and bake potatoes until tender, about 60 minutes.
2. Alternatively, prick with fork and microwave for 12-15 minutes.
3. Cut potatoes in half and scoop out the flesh leaving about 5mm lining of flesh and the skin.
4. Brush the insides with the melted butter.
5. Place the skins, cut side down over hot coals and grill for 10 minutes.
6. Turn skins over (up wards).
7. Fill with spring onion, chicken and cheese, grill for another 5 minutes till cheese melted



# Crunchy Papaya Salad

A fantastic choice for a starter or as a side dish.

## *Ingredients*

3	baby papayas
100g	mixed nuts
50ml	sunflower seeds
6	radishes, quartered
4	spring onions, sliced at angle
100g	fresh mint, roughly chopped
100g	mixed sprouts
2	limes, juice only
10ml	olive oil
	Salt and black pepper

Serves 4

## *Method*

1. Halve the papayas lengthwise and remove the seeds.
2. Peel and dice one and set aside, the others, leave as halves.
3. Heat a pan with olive oil, add the nuts and sunflower seeds and toast lightly to enhance the flavour and colour.
4. Roughly chop cooled nuts and place in a bowl with diced papaya and all other ingredients.
5. Squeeze the lime juice over the mixture. Season.
6. Pile the papaya halves with the nutty sprout mix and serve.

Serves 3





# Exotic Almond Fruit Parcels

Delicious pieces of fruit are warmed through in a deliciously scented sauce to make a fabulously light and tasty dessert.

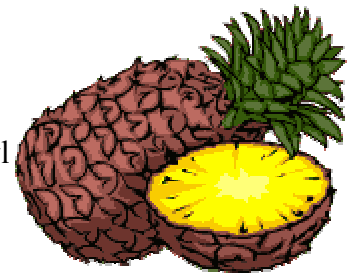
## Ingredients

- 1 paw paw, peeled and cubed into chunks
- 1 mango, peeled and cubed into chunks
- 12 litchis, peeled & de pipped
- 1 star fruit, thinly sliced
- 1 pineapple, peeled and cubed into chunks
- 1 small tin granadilla pulp
- 45ml orange juice
- 120ml almonds, crushed
- 5ml almond essence
- foil, made into 4 parcels with double thickness

Serves 4

## Method

1. Place all the ingredients except the almonds into a bowl
2. Allow to marinade for at least 30 min or overnight.
3. Divide the fruit into the foil parcels.
4. Fold the edges over and enclose the fruit.
5. Place the parcels over warm coals and braai for 15-20 minutes.
6. Open up the parcels carefully and add the crushed almonds
7. Serve the fruit in the parcels garnished with fresh mint.



# Gluhwein

## *Ingredients*

500ml	dry red wine of choice
4	orange slices, sliced with rind
2	lemon slices, with rind
2	cinnamon sticks
125ml	sugar
2	whole cloves
1ml	all spice

Serves 2

## *Method*

1. Heat the red wine over moderate heat.
2. Add all the remaining ingredients and allow to simmer, not boil, for 15 minutes.
3. Drain the wine and remove the lemon, orange & cloves.
4. Serve warm or at room temperature.



# Gourmet Omelet

This is a sort of mix between an omelet and a soufflé, with mushrooms parsley and additional egg whites for lightness. To get the added lightness it is important to whisk the eggs well.

## Ingredients

100g mushrooms, sliced  
30ml fresh parsley, chopped  
1 eggs  
2 egg whites  
2.5ml herb salt

Serves 1

## Method

1. Heat and nonstick frying pan
2. Cook the mushrooms until most of the water has evaporated.
3. Add the parsley, toss and transfer to a bowl.
4. Preheat the grill.
5. Place the eggs in a bowl, together with a pinch of salt, and whisk until light and fluffy.
6. Beat the egg whites to soft peaks in a separate bowl, then fold into the beaten egg. Add the herb salt.
7. Heat nonstick frying pan, add egg and fry until the base begins to change colour and firm up
8. Sprinkle the mushrooms and parsley evenly over the top, place under the grill.
9. If egg not yet set at bottom, bake for 5 minutes at 180C.
10. As soon as the top starts to brown, remove from the grill, fold over and transfer to a warmed plate.

## Note:

*Although eggs are high in cholesterol, they also contain essential fats and phospholipids such as lecithin which are beneficial. The general recommendation is to have not more than 4 whole eggs per week. Adding the egg white therefore ups the protein but without any added cholesterol found in the egg yolk.*



# Instant Hummus

## *Ingredients*

410g	chickpeas
60ml	lemon juice
10ml	crushed garlic
60ml	tahini (sesame seed paste)
125ml	olive oil
	salt
	pepper

Makes 500ml

## *Method*

1. Mix all ingredients in a blender and season to taste.

Store in fridge for up to 1 week.

Serve with lower GI crackers, pretzels or crudités.

## ***TIP:***

Peanut butter can be used in place of tahini.

Use in place of margarine on sandwiches.



# Lentil Pumpkin Loaf

## Ingredients

410g	Tin lentils, drained
500ml	Pumpkin, cooked
2	Medium onions, finely chopped
625ml	Fresh breadcrumbs
200ml	Oat bran
	Ground black pepper
30ml	Fresh parsley, chopped
20ml	Fresh thyme, chopped (or ¼ teaspoon dried)
	Skim milk to bind
15ml	Sunflower seeds

## Method

1. Mash the lentils
2. Add all the remaining ingredients, except the skim milk.
3. Combine very well.
4. Add the skim milk – only a little bit at a time, until the mixture is moist and holds firmly together.
5. Spray and cook a non-stick loaf tin.
6. Spoon in the lentil mixture and press down firmly. Sprinkle seeds over the top
7. Bake at 190 °C for 30 minutes.
8. Leave the loaf to cool in the tin for about 10 minutes.
9. Turn out and cut into nice thick slices.



# Nutty Rice Burgers

## *Ingredients*

10ml Olive or canola oil  
1 Small onion, finely chopped  
50g mushrooms, finely chopped  
90g uncooked brown rice, cooked  
50g bread crumbs  
40g walnuts, chopped  
1 egg  
15ml fruity chutney  
dash of Tabasco sauce  
salt and pepper  
oil to baste

## *To serve:*

tomato slices  
gherkins  
pepperdews  
pineapple slices  
shredded lettuce  
whole wheat bread rolls  
lite mayonnaise  
tomato sauce



Serves 3 - 4

## *Method*

1. Heat the oil and fry the onion till soft.
2. Add the mushrooms and cook for a further two minutes.
3. Remove from the heat and add the rice, breadcrumbs, walnuts, egg and sauces. Mix well.
4. Shape into 3 burgers, pressing the mixture together.
5. Leave to chill in the refrigerator for at least 30 minutes.
6. Place burgers into a non-stick pan that has been greased with spray or a little oil. Turn once until browned and warmed through.
7. Serve on whole wheat bread rolls with various toppings.

# Chips

## *Ingredients*

2 large sweet potatoes, cut into wedges  
250ml chutney  
herb salt

## *Method*

1. Preheat the oven to 200C.
2. Dip each potato wedge into the chutney.
3. Season with herb salt.
4. Place onto a greased baking tray and bake for 30 min or until cooked through.

## **TIP:**

To save baking time for the chips Pre cook the potato wedges in the microwave or lightly boil till cooked yet still firm.





# Lunch Box Revolution

Here are a few exciting and healthy alternatives to add to a school or work lunch box, and some ideas to brighten up those sandwiches so they are not so boring. Use your imagination and your sandwiches and lunch boxes will be everyone's envy.

Eating healthily is important for children. They need large amounts of calories and nutrients to meet their energy needs, for repair and to fuel their growth. It is important to remember that children do have smaller stomachs than adults, and they need smaller, more regular meals.

In planning a more wholesome and nourishing lunchbox, consider including a variety of the following food groups, to ensure your child consumes a daily variety of nutrients.

## ***Breads and cereals***

These foods should form the bulk of the child's diet, as they provide glucose for energy and they are generally a good source of the B vitamins. The basis of every lunchbox should be a carbohydrate rich food, such as bread sandwiches, filled rolls, muffins, dry crackers, muesli bars, oat biscuits or even rice cakes. Choose from a variety of freshly baked products such as the stone ground breads, pita breads, Italian breads, brown and whole-wheat rolls, bagels, baguettes, pizza slices and muffins - quite delicious for an interesting lunchbox!

'Pita pockets' can be a healthy option - fill a brown pita bread with hard-boiled egg slices, tomato, celery, tuna, mayonnaise and red kidney beans.

Make packed lunches more fun with 'skyscraper sandwiches' - rather than the usual two slices of bread - make the sandwich with three slices of whole meal bread and vary the fillings: spread one layer with banana and cottage cheese and the next layer with peanut butter!

'Baguette stripes' - split a baguette diagonally every few inches and fill each cut with different spreads such as tuna or chicken and mayonnaise, wafer thin cold meats or processed cheese triangles.

Get the children to assist you in baking banana or bran muffins or mini carrot cakes and use these as healthy, delicious additions to your lunchbox menu.

## ***Fruit and vegetables***

Different fruits and vegetables contain a multitude of various micronutrients - brightly colored fruits and vegetables will be rich in vitamin A, while the citrus fruits and green leafy vegetables will boost your child's vitamin C intake. For this reason, ensure variety in this food group and keep them interested with some different meal and snack ideas.



Vegetable or fruit kebabs can be fun or make a fruity cottage cheese by mixing it with grated apple or sliced banana.

A carton of fruit juice or a dried fruit snack bar added to their lunchbox is another way to ensure your child's adequate intake of fruit.



### ***Meat, fish, chicken, egg, nuts and dried beans***

These foods are an important source of protein and they will provide your child with B vitamins and iron.

### ***Calcium-rich foods***



Both full cream and reduced fat dairy products such as milk, cheese and yogurt are high in protein, B vitamins, vitamin D and calcium.

Fingers of hard cheese are a welcome addition to a finger lunch and a tub of fruit yogurt or a carton of drinking yogurt is a sure way to boost your child's daily calcium intake.

### ***Liquids***

Remember Plenty of liquids is a must in our wonderful climate. Put bottled water or fruit juice in the freezer the night before and by the time you get to use them they are still nice and cold, ready to quench that thirst.



### ***Time savers***

Preparing sandwiches from scratch in the morning can be a terrible chore. There are several ways of doing some of the preparation beforehand:

#### ***Try these ideas:***

- Prepare a burger patty with half the meat and an equivalent amount of mashed cooked lentils, kidney beans or groundnuts, and serve it in a whole meal roll with shredded lettuce, grated cheese and peanut butter to delight their appetite.
- Grated cheese mixed with nuts finely chopped onion and apricot jam.
- Peanut butter with raisins or freshly grated apple or sliced banana.
- Shredded chicken or tuna mixed with mayonnaise, celery and lettuce.
- Hard-boiled eggs and mayonnaise, celery, lettuce and grated carrot.
- Hard-boiled eggs in their shell, cheese fingers rolled in polony, cold sausages, Vienna's and chicken drumsticks can also make a welcome addition of protein to a child's lunch box!



- Popcorn - even caramelized
- Dried pears filled with smooth cream cheese
- Low fat cream cheese and low fat cheese wedges
- Provitas
- Lean cold meat (wrap around gherkins & baby corn)
- Game Biltong – Kudu, Ostrich.
- Fruit salad
- Pkts of dried fruit such as raisins, tropical
- Eggs, boiled
- Selected tubs of yogurt
- Muesli
- Almonds, cashews, walnuts
- Nature's Choice miracles mix
- Selected health bars!
- Liquifruit apple juice
- Ceres Orange juice
- Woolies low fat milkshake
- Yogi sip
- Rye bread
- Seed loaf
- Tortilla wraps (Mexican section Pick n Pay)
- Hummus
- Whole grain mustard
- Nola lite mayonnaise
- Chutney
- Turkey slices
- Salmon
- Low fat cheese, mozzarella
- Mild pepperdews
- Watercress
- Spinach leaves
- Fresh pineapple, sliced
- Red pepper

